

## CLAIMS

What is claimed is:

1. A weight loss salad dressing comprising:  
a salad dressing base; and
- 5 a weight loss supplement, which weight loss supplement is present in an amount in excess of the amount of said supplement present naturally in foods.
2. A weight loss salad dressing as in claim 1 wherein said weight loss supplement comprises a fat blocker.
3. A weight loss salad dressing as in claim 1 wherein said weight loss supplement comprises a carbohydrate blocker.
- 10 4. A weight loss salad dressing as in claim 1 wherein said weight loss supplement comprises a fat and carbohydrate blocker.
5. A weight loss salad dressing as in claim 1 wherein said weight loss supplement comprises an appetite suppressant.
- 15 6. A weight loss salad dressing as in claim 1 wherein said weight loss supplement comprises a metabolizer.
7. A weight loss salad dressing as in claim 1 wherein said weight loss supplement comprises a thermogenic agent.
- 20 8. A weight loss salad dressing as in claim 1 wherein said weight loss supplement comprises a weight loss stimulant.
9. A weight loss salad dressing as in claim 1 wherein said weight loss supplement comprises a nutrient partitioning modulator.
10. A weight loss salad dressing as in claim 1 wherein said weight loss supplement comprises mahuang or a derivative thereof.
- 25 11. A weight loss salad dressing as in claim 1 wherein said weight loss supplement comprises guarana seed or a derivative thereof.
12. A weight loss salad dressing as in claim 1 wherein said salad dressing base comprises a salad dressing base selected from the group consisting of: an oil and vinegar salad dressing base, a Caesar salad dressing base, a French salad dressing base, a Ranch salad dressing base, a Bleu Cheese salad dressing base, a Russian salad dressing base, and a Thousand Island salad dressing base.
- 30 13. A weight loss salad dressing as in claim 1 and further including one or

more ingredients selected from a preservative, a color enhancer, a thickening agent, a vitamin, a mineral, and an inactive ingredient.

14. A weight loss salad dressing as in claim 1 wherein the acidity of said salad dressing base is adjusted for any acidity of said weight loss supplement.

5 15. A salad dressing as in claim 1 wherein said weight loss supplement comprises:

an effective amount of hydroxycitric acid;

an effective amount of carnitine;

an effective amount of biotin;

10 an effective amount of one or more gluconeogenic substrates selected from the group consisting of: aspartate, lactate, glycerol, and a gluconeogenic amino acid or an alphaketo analogue thereof.

15 16. A salad dressing as in claim 15 wherein the said weight loss supplement comprises: a weight ratio of the hydroxycitric acid to the carnitine of from about 1:10 to about 100:1; a weight ratio of the hydroxycitric acid to the gluconeogenic substrate of from about 5:1 to about 1:60; and a weight ratio of the hydroxycitric acid to the biotin of from about 50:1 to about 2500:1.

20 17. A salad dressing as in claim 15 wherein the gluconeogenic amino acid is selected from the group consisting of: alanine, arginine, asparagine, cystine, glutamine, glycine, histidine, hydroxyproline, methionine, proline, serine, threonine, and valine.

18. A salad dressing as in claim 15 wherein said weight loss supplement further comprises an effective amount of at least one nutritional supplement.

25 19. A salad dressing as in claim 18 wherein the nutritional supplement is selected from the group consisting of: chromium, conjugated linoleic acid, coenzyme Q10, eicosapentaenoic acid, pyridoxine, alpha-lipoic acid, magnesium, and gymnema sylvestre.

30 20. A salad dressing as in claim 19 wherein said weight loss supplement comprises: from about 0.2 grams to about 8 grams of hydroxycitric acid; from about 10 milligrams to about 10 grams of carnitine; from about 1 gram to about 75 grams of the gluconeogenic substrate; from about 1 milligram to about 25 milligrams of biotin; from about 100 micrograms to about 2 milligrams of chromium; from about 5

milligrams to about 500 milligrams of coenzyme Q10; from about 50 milligrams to about 20 grams of conjugated linoleic acid; from about 10 milligrams to about 10 grams of eicosapentaenoic acid; from about 25 milligrams to about 400 milligrams of pyridoxine; from about 25 milligrams to about 2000 milligrams of alpha lipoic acid; from about 200 milligrams to about 1600 milligrams of magnesium; and from about 20 milligrams to about 2000 milligrams of gymnemic acid.

21. A salad dressing as in claim 19 wherein said weight loss supplement comprises: from about 0.5 grams to about 5 grams of hydroxycitric acid; from about 50 milligrams to about 5 grams of carnitine; from about 1 gram to about 30 grams of the gluconeogenic substrate; from about 2 milligrams to about 10 milligrams of biotin; from about 400 micrograms to about 2400 micrograms of chromium; from about 20 milligrams to about 300 milligrams of coenzyme Q10; from about 1 gram to about 10 grams of conjugated linoleic acid; from about 50 milligrams to about 5000 milligrams of eicosapentaenoic acid; from about 50 milligrams to about 300 milligrams of pyridoxine; from about 50 milligrams to about 1200 milligrams of alpha lipoic acid; from about 400 milligrams to about 1200 milligrams of magnesium; and from about 75 milligrams to about 500 milligrams of gymnemic acid.

22. A weight loss salad dressing as in claim 1 wherein said weight loss supplement comprises L-aspartic acid.

23. A weight loss salad dressing as in claim 1 wherein said weight loss supplement comprises L-carnitine.

24. A weight loss salad dressing as in claim 1 wherein said weight loss supplement comprises garcinia cambogia or a derivative thereof.

25. A weight loss salad dressing as in claim 1 wherein said weight loss supplement comprises garcinia cambogia or a derivative thereof, aspartic acid, L-carnitine, biotin, and chromium.

26. A method of effecting weight loss in a human being, said method comprising ingesting, for a therapeutically effective period of time, an effective amount of a weight loss salad dressing comprising a salad dressing base and a weight loss supplement, which weight loss supplement is present in an amount in excess of the amount of said supplement present naturally in foods.

27. A method as in claim 26, further including said human following a

dietary regimen involving a glycemic index of less than 60 and daily calorie consumption comprising less than 50% of calories from carbohydrate intake and at least 20% of calories from protein intake.

28. A method as in claim 26 wherein the method further includes said  
5 human following an exercise program involving aerobic and resistance training.

29. A method as in claim 26 wherein the method further involves said human donating blood so as to produce a fall in serum ferritin levels and iron stores.

30. A method as in claim 26 wherein the method further involves said  
10 human following a stress reduction program so as to diminish glucocorticoid activity.